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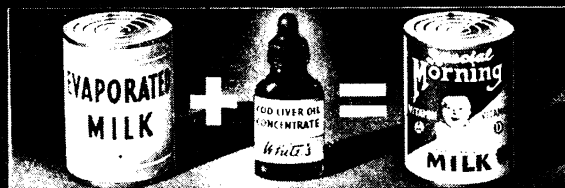


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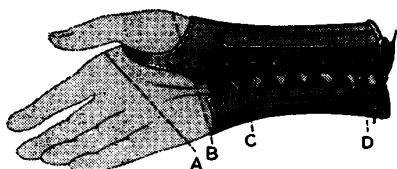
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W. M. FITZHUGH, JR., *Archives of Otolaryngology*, Oct. 1936



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M. H. SEEVERS (Editorial), *Wisconsin Med. Jl.*, Nov. 1939



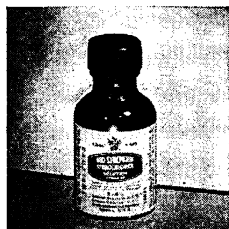
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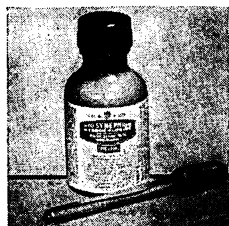
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THE INORGANIC OR MINERAL ELEMENTS IN NUTRITION

"The functions of minerals are so important that they may well be said to control life itself." (1)

● With this terse statement, a recent monograph summarizes the importance of minerals in animal metabolism.

Earlier physiologists considered the following list of inorganic elements to be fairly complete as far as animal nutrition was concerned:

Calcium	Sodium	Phosphorus
Iron	Potassium	Chlorine
Iodine	Magnesium	Sulfur

However, copper, manganese, zinc, and apparently cobalt must now be added to this list of elements considered indispensable or desirable in nutrition. Also, analyses of animal tissues have disclosed the presence of the so-called "trace elements" (aluminum, silicon, arsenic, fluorine, bromine, barium, rubidium, nickel, and selenium). Which of these perform definite roles in mammalian metabolism and which are present as contaminants, future research alone can decide (2).

Although the specific functions of all the essential minerals may not be completely known, it is apparent that many of these inorganic elements—in the form of their salts or ions—are associated with vital body activities. Thus, the initiation and continuance of cardiac function, the maintenance of osmotic relationships of tissues and of the acid-alkaline balance, and the formation of bony and calcareous tissue and of hemoglobin are a few of the vital functions of the minerals (1). It should be evident that the

above quotation is in no wise an overstatement of the importance of the minerals in nutrition.

As to their occurrence in nature, the minerals are rather widely distributed in foods, although the extent to which they may occur—even in the same food variety—is known to be variable (3). No one food or class of foods has been richly endowed with *all* the elements essential in nutrition. Consequently, to insure an optimal intake of minerals the diet should be planned to include—in so far as possible—all food classes.

In the preparation of foods for the table, attention should be given to preservation of their mineral values. Because of their water-soluble nature, certain minerals may be lost to the cooking water during food preparation. Therefore, to obtain the full mineral benefits of foods, the cooking water containing the extracted minerals should in some way be utilized.

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230 Park Avenue, New York, N. Y.

REFERENCES

- (1) 1939. Mineral Metabolism, Alfred T. Shohl, Reinhold, New York.
- (2) 1940. Nutrition Abstracts and Reviews 9, 515.
- (3) 1938. Univ. Colorado Studies 25, 181.

We want to make this series valuable to you, so we ask your help. Will you tell us on a post card addressed to the American Can Company, New York, N. Y., what phases of canned-foods knowledge are of greatest interest to you? Your suggestions will determine the subject matter of future articles. This is the sixtieth in a series, which summarizes, for your convenience, the conclusions about canned foods reached by authorities in nutritional research.



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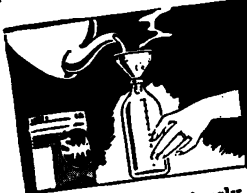


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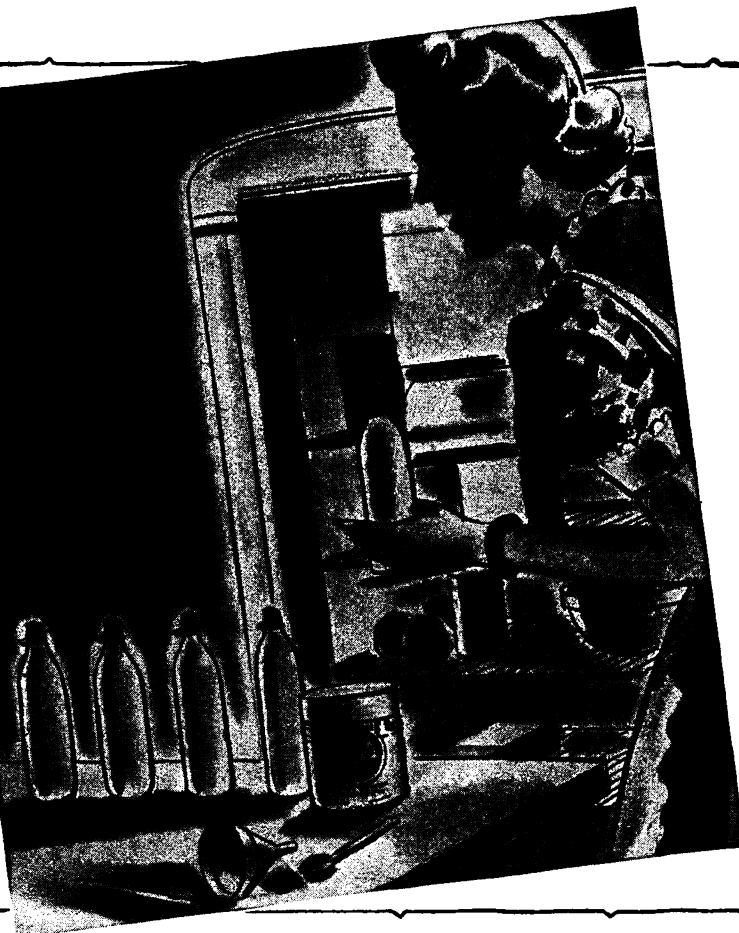
Empty measuring cupful of S.M.A. Powder firmly packed, level full, into funnel, using scraper for pushing powder into bottle.



Add one ounce of hot, previously boiled water for each measuring cupful of S.M.A. Powder.



Cap bottle and shake contents until thoroughly mixed. Place in refrigerator until ready to use. Then bring to body temperature before feeding.



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S.M.A. is economical, too, be-

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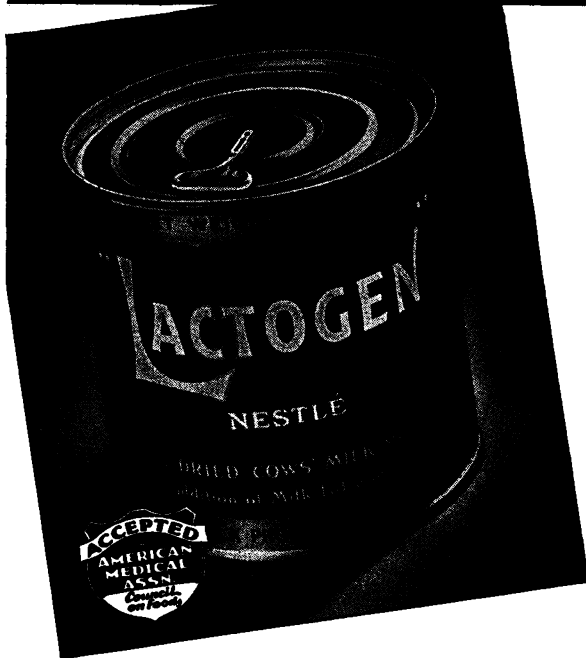
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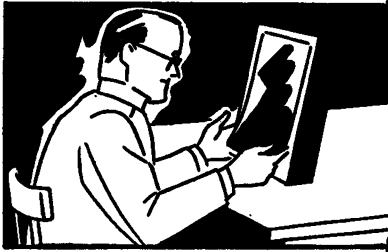
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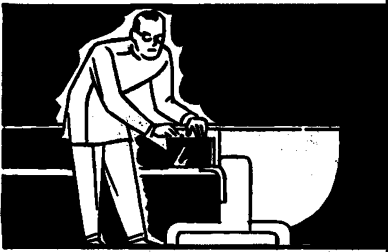
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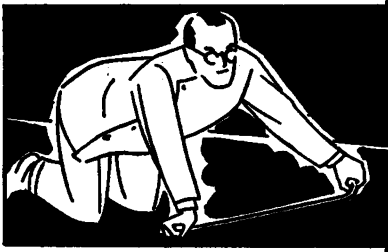
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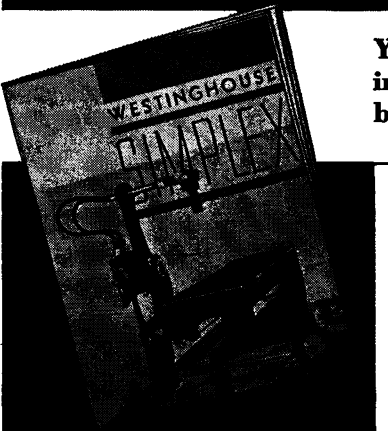
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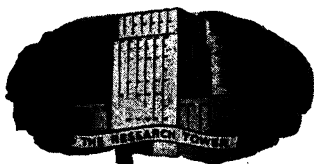
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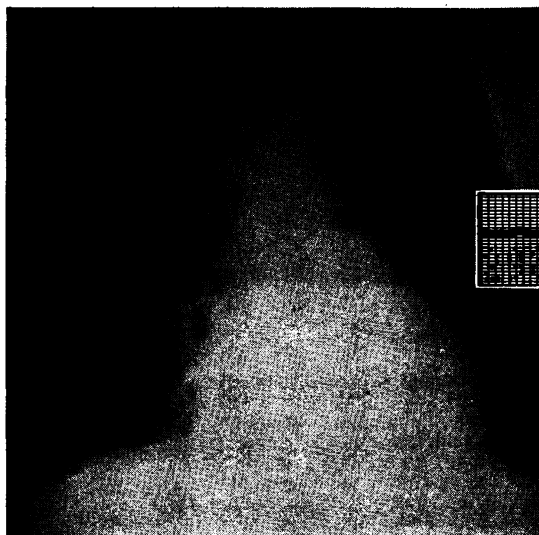
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STUDIES IN THE AVITAMINOSES



This page is the sixth of a series on vitamin deficiencies presented by the research division of The Upjohn Company because of the profession's widespread interest in the subject. A full color, two-page insert on the same subject appears in the May 25 issue of The Journal of the American Medical Association.

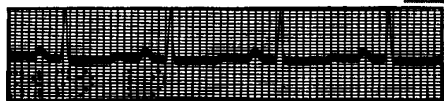


Teleoroentgenogram, at left, of alcoholic patient with severe thiamin deficiency, marked cardiac dilatation, congestive heart failure. X-ray below, taken after three weeks of thiamin chloride therapy, shows marked reduction in cardiac size. Patient received no digitalis.

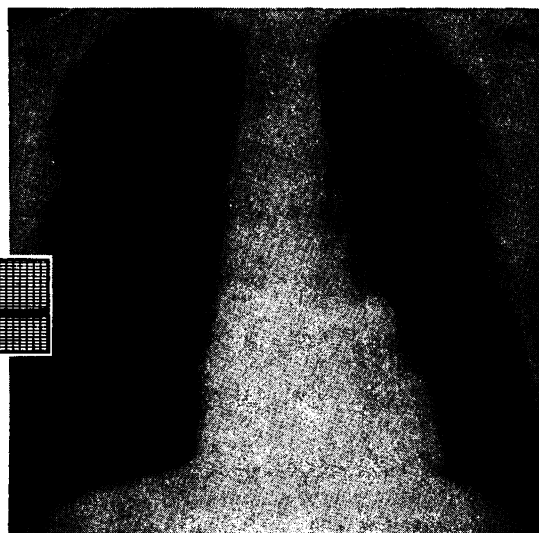


Electrocardiogram on admission (Lead 2). Note the low voltage of the QRS complexes and of P and T waves. (Left)

After three weeks of thiamin chloride therapy. Note increased voltage, return of P waves. Later tracings showed normal T waves. (Lead 2)



Courtesy of Henry Field, Jr., M.D.,
University of Michigan.



The Cardiac Manifestations of Vitamin B₁ Deficiency

Vitamin B₁ apparently exerts no specific influence upon the normal heart, but profound deficiency resulting from drastic deprivation may lead to cardiac derangements which are as characteristic as the neural changes at times resulting from thiamin deprivation. In the cases reported, physical examination disclosed that the heart was enlarged to both the right and the left, although on postmortem examination of patients who died of extreme deficiency the enlargement was seen predominantly in the right auricle and ven-

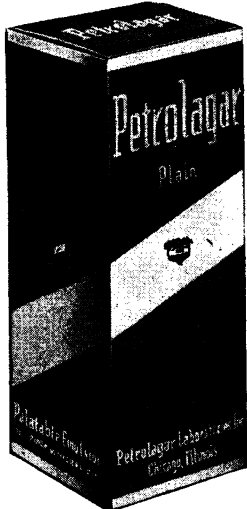
tricle. The former was dilated and paper thin; the wall of the latter appeared thickened and its chamber enlarged. Some difference of opinion exists concerning the mechanism of the increase in cardiac size, since both hypertrophy and edema have been observed by different investigators.

The clinician, through whose courtesy the x-rays and electrocardiograms shown above are made available, states that administration of thiamin chloride promptly led to reduction in the cardiac silhouette.





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★ ★ **Petrolagar**

Vacations mean a change of diet, water, exercise. Daily routine is altered and bowel Habit Time interrupted. This combination of circumstances tends to have a constipating effect.

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Petrolagar is miscible with liquids. It may be given orally or in an enema to assist in the restoration of a regular Habit Time of Bowel Movement.



Petrolagar . . . Liquid petrolatum 65 cc. emulsified with 0.4 Gm. agar in a menstruum to make 100 cc.

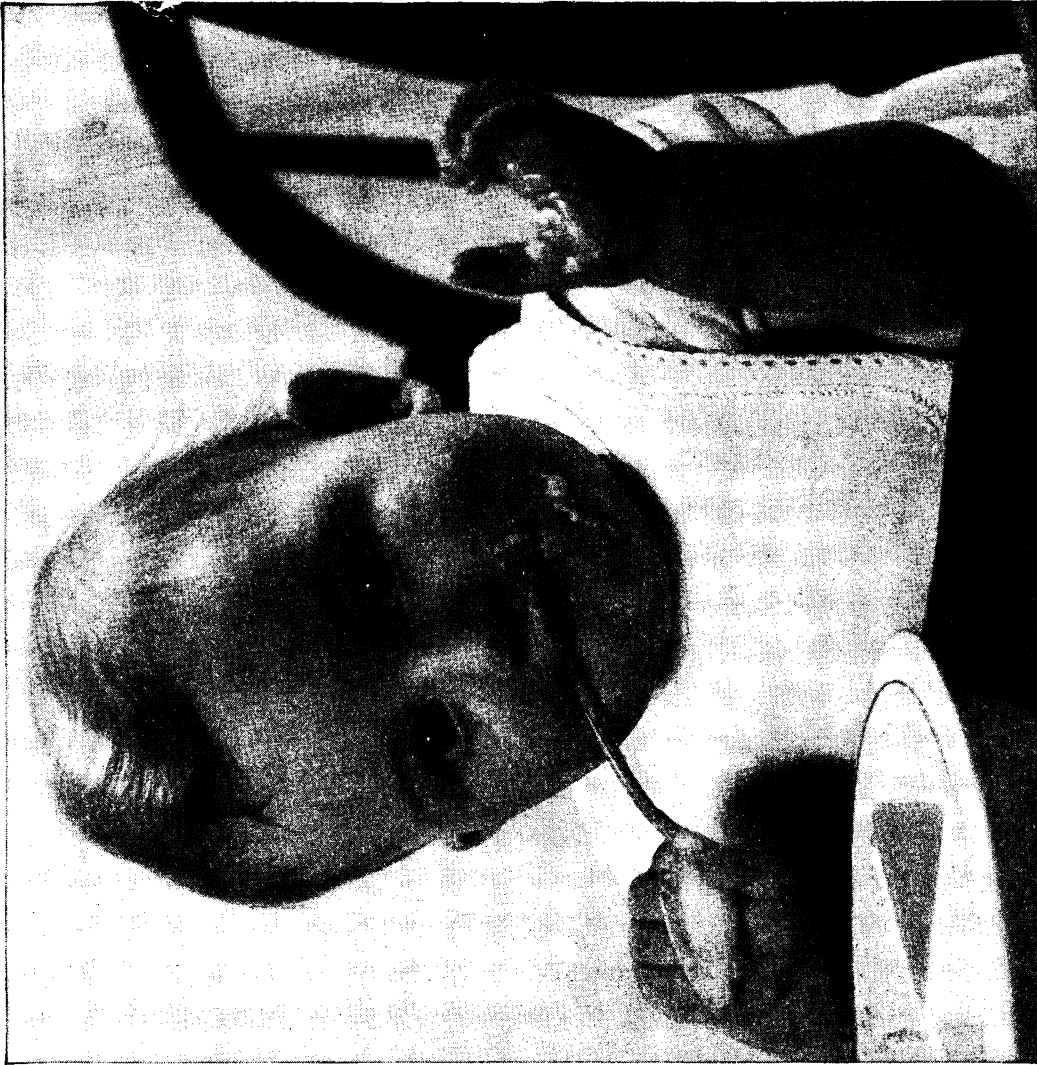
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He Likes PABLUM

It is a fortunate provision of Nature that at the time the infant is ready to receive the nutritional benefits of cereal, his taste is unspoiled by sweets, pastry, condiments, tobacco, alcohol and other things to which adult palates and constitutions have become conditioned.

Many a parent, with limited knowledge of nutrition, attempts to do the baby's tasting for him. Partial to sweets, the mother sweetens her child's cereal. Disliking cod liver oil, she wrinkles her nose and sighs: "Poor child, to have to take such awful stuff!" The child is quick to learn by example, and soon may become poor indeed—in nutrition, as well as in mental habits and psychological adjustment.

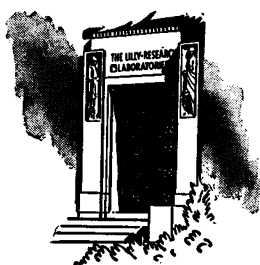
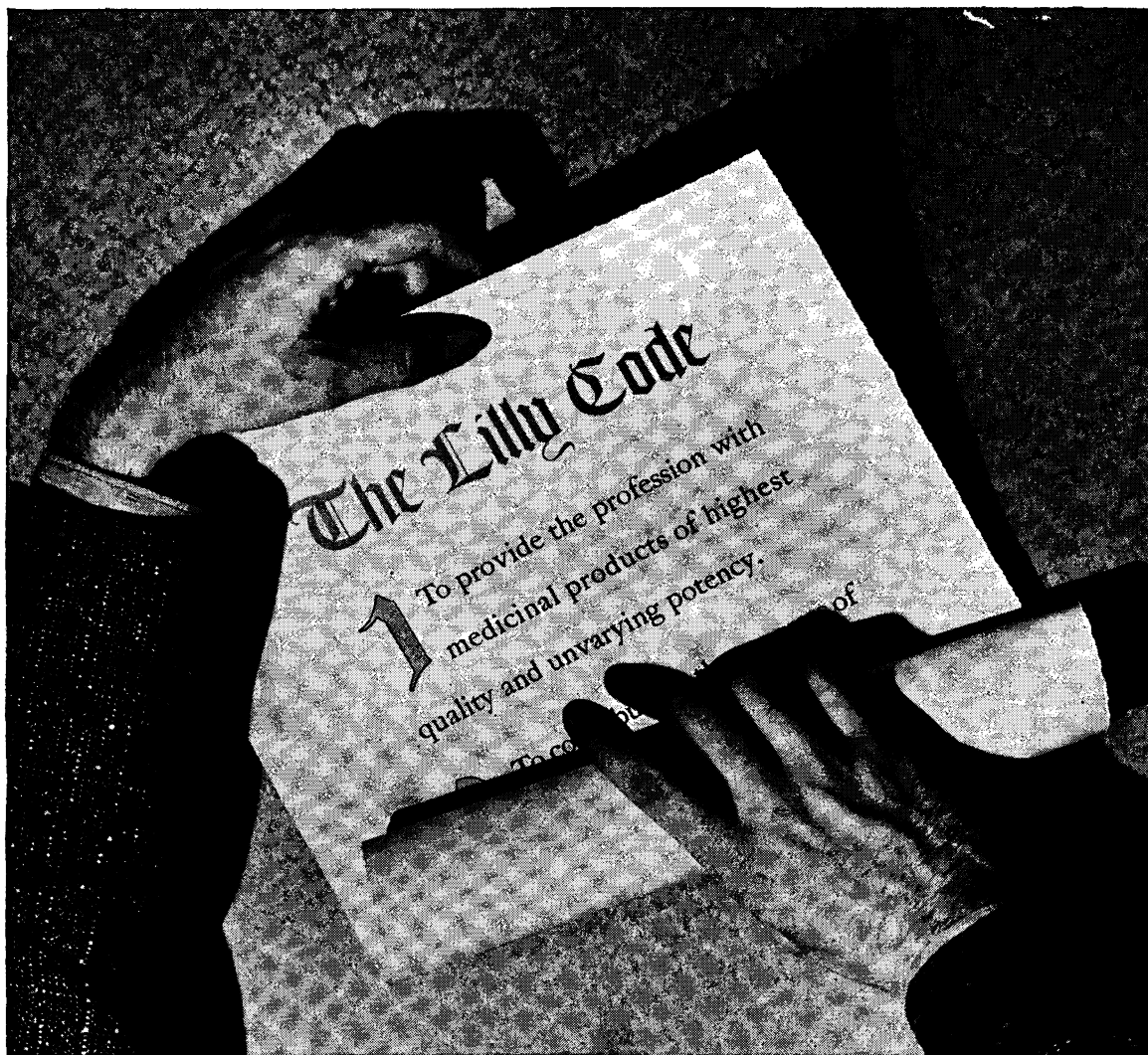
Appreciating the importance and difficulties of the physician's problem in establishing and maintaining good eating habits, Mead Johnson & Company continue to supply Pablum in its natural form. No sugar is added. There is no corresponding dilution of the present protein, mineral and vitamin content of Pablum. Is this not worth while?



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PABLUM IS NOW SUPPLIED IN TWO NEW SIZES:
(1) 1 lb. 2 oz., replacing the 1 lb. size, and offering 2 extra ounces without additional charge; and (2) the new ½ lb. size. This size is small enough to be

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Pulvules Sobisminol Mass, Lilly*, in a dose of two or three pulvules three times daily, rapidly produce a high urinary bismuth excretion and exert a powerful antisiphilitic effect. To guard against inadequate treatment through irregularity of administration, Sobisminol Mass may best be regarded as an adjunct to parenteral therapy. *A convenient test kit for determination of urinary excretion of bismuth is available.*

*Contains a complex organic bismuth compound resulting from the interaction of sodium bismuthate, tri-isopropanolamine, and propylene glycol.

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For the average hospital, the safe rule is to stock two more TRANSFUSO-DONOR SETS than the maximum number of blood transfusions per day.

* $\frac{1}{4}$ Sodium Citrate in Physiological Solution of Sodium Chloride in the Baxter TRANSFUSO-VAC

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